



Food, Faith and Unity

Stories and recipes from people of faith

for Interfaith Week by Leeds Church Institute and Freda Shafi



Chai

Recipe

1 tbsp black tea (a strong loose black tea ideally or 2 tea bags)
2 -3 cardamom pods crushed
1 black cardamom pod (optional)
1 cinnamon stick
3 cloves
2-3 peppercorns
1/2 tsp fennel seeds (optional)
1/2 tsp fresh ginger peeled sliced
1 cup whole milk
1 cup water
Sugar (optional)

Method

Place all the spices into a medium saucepan and warm through for 1 minute.

Add boiling water

Add loose tea or tea bags and milk and boil for 2-3 mins

Turn down the heat and simmer for a further 3-5 minutes . Add sugar to taste if desired.

Strain and serve immediately with a ladle and pour from a height to create airflow and bubbles



“Chai is one of the most comforting of drinks which I find calms the mind, body and soul. Made with over 6 spices, it is considered more to be an elixir. Each spice has a purpose and function, whether it be to aid digestion, soothe the mind or unite people as a drink that is so universal across many cultures, religions and communities in South Asia and indeed the world.

As a young girl, my mum would make chai for us mostly when guests visited from afar. Back in the 1970s guests from the homeland were welcomed into our home with chai. It would be then that my parents huddled around the coal fire to sip and recount stories of growing up in pre partition India where they lived alongside their Hindu and Sikh brothers and sisters in harmony.

Today Chai is a very popular street food style drink served both in South Asia and trendy chai shops in almost every city in the UK.”

Dal

Recipe

2 cups (400g) red dal washed and drained
1 heaped tsp turmeric
1 heaped tsp ground coriander
1/2 tsp cumin seeds
Salt (to taste)
1/2 tsp chilli powder
1/2 onion finely chopped
2 fresh tomatoes very finely chopped
3 cloves garlic crushed / grated
1 inch piece fresh ginger grated

Garnish

Fresh coriander
Chilli flakes

Basic Tadka – Tempering which is a separate element after dal is cooked

100 -150g butter or ghee
1/4 onion sliced
1-2 cloves fresh chopped garlic
1 whole green or red chilli
1/2 tsp whole peppercorns (optional)
4-5 large free range eggs

Method

Add 800ml-1 litre boiling water to a sauce pan. Add the dal and all the spices including the chopped onion and tomatoes
Let it simmer for 45-50 mins even up to an hour on a low to medium heat until the dal is like a paste. Add more water if it gets claggy (thick). Taste and adjust seasoning (salt and chilli) if necessary.

Tadka

Melt the butter and add all the spices and onion. Brown the onion and spices until deep golden brown. Pour it over the cooked dal. It will sizzle. Let it sit and absorb flavours for 2-3 mins. Transfer the dal to a large bottomed pan - a frying pan will do. Turn the heat to low / medium.

Make some small wells using a spatula in the dal and break the eggs into the wells.

Let it simmer until the eggs are cooked to your preference.

Garnish with fresh chillies and coriander.

Enjoy with bread or hot roti.



“In religion, food is one of the most important parts of religious ceremonies. The role of food in religious culture is an important part of showing respect among their communities and many of these religions obey the religious commandments, hence food is prepared in different ways”

Stew

Recipe

800g finely sliced beef tenderised (any boneless cut will do)

1 large onion finely chopped

1 tbsp ginger garlic paste

800g / 3/4 butternut squash peeled and chopped into large cubes

3 chopped tomatoes or 1 x 400g tin chopped tomatoes

Spices

1 heaped tsp turmeric

1 heaped tsp ground coriander

1/2 tsp garam masala

1 heaped tsp cumin seeds

1 heaped tsp smoked paprika

1/4 tsp chilli powder

Salt to taste

1/4 cup vegetable oil or ghee to stir fry

Small bunch fresh coriander

Sweet mild red chillies to garnish (optional)

Steamed basmati rice to serve

Method

Heat the oil/ghee in a large saucepan, then add the chopped onions and cumin seeds and sauté on a medium/high heat for a few minutes. Add the ginger and garlic paste and continue to sauté for a further five minutes until all ingredients are translucent and golden brown. Add the beef and stir fry for a few minutes until the outer edges become sealed. Add the tomatoes and stir through. Throw in the rest of spices including salt and continue to stir for a further 2-3 minutes. Introduce the butternut squash and add 500ml of hot water to cover the ingredients. Once it starts to bubble, turn down the heat and allow it to slow cook/simmer for 30-40 mins until the butternut squash is soft and the beef is tender. Garnish with fresh chopped coriander and sweet red chillies. Serve immediately over some steamed basmati rice.



"I spent my early years in Derry and, after we emigrated to England, journeyed back most summers until I was a teenager. Ireland is more famous for its drink than its food. Think Guinness or Irish Whiskey – very definitely with an e! But as I left Ireland as a young girl, it's the food that brings back memories for me – memories as warm and snug as a blazing peat fire.

Sunday Mass was a compulsory event bringing a sense of identity in a city torn apart by sectarian strife. But just as important was the Saturday ritual of heading up the hill to see Uncle Jack and Auntie Kathleen. On their small stove would be two pans of Irish stew bubbling away ready to dish up for their extended family. Crucially, as Derry's version of Irish stew the meat used was minced. A specially seasoned mix from a local butcher - formed into small balls and accompanied by lashings of brown sauce. It was served up to a day-long stream of family and friends who would bless themselves with holy water from the font in the hallway before tucking into their stew and sharing the craic on the events of the past week.

This is basic Irish working-class fayre – homely, cheap, great for sharing and easy to pad out with extra veg and bread on the side. It provided a respite from the troubles on the streets - joyous, riotous times full of tall tales and laughter that may have been short-lived but have echoed through my family down the years. As I no longer eat meat the taste of that simple but lovingly crafted stew has gone forever. But the memories that flood back when I get a whiff of the old stuff will never leave."

Pumpkin Soup

Recipe

1/2 large pumpkin, peeled and roughly chopped
1 onion diced
1/2 tsp turmeric
1/2 tsp curry powder
1/2 tsp ground coriander
Pinch chilli flakes
2 cloves
5 pepper corns
6 tbsp vegetable oil
1 tsp fresh grated garlic
1 tsp fresh grated ginger
500ml chicken or vegetable stock
Salt to taste

Garnish

Pumpkin seeds
Olive oil
Fresh double cream (optional)

Method

Heat 6 tbsp oil in a large saucepan. Add the diced onion and stir fry until tender. Add the pumpkin and stir fry for a few minutes. Introduce all the spices and combine well before adding the stock. Leave to simmer on a moderate heat until the pumpkin is tender. Take a hand held food processor and grind until the soup becomes a smooth consistency.

Garnish

Heat the oven to 180C or 160 fan forced. Place the pumpkin seeds into a pan of boiling water with 1 tsp of salt and boil for 6-8 minutes. Remove from the water and lay onto a lined baking tray. Bake for 1 hour until crisp. Serve over the soup. Enjoy!



Marion created soup bags with basic dried ingredients to distribute at her local church. The recipients all received the same basic ingredients and were left to create whatever soup they desired. Here is an example of one of the recipes.

Seviyan / Kheer

Recipe

1 pack fine vermicelli
2x cups full cream milk
2 tbsp sweet condensed milk
2 tbsp caster sugar
3 cardamom pods
80g butter

Garnish

Chopped pistachios
Chopped almonds
Persian tea rose petals
Dried fruit (optional)

Method

Break up the vermicelli
Melt the butter in a saucepan in a medium to high heat
Throw in the vermicelli and toast until golden brown
Add the milk and stir through, add the condensed milk, sugar and rose water
Stir through and simmer on a low heat until the vermicelli is softened. Add more milk if needs be to keep the seviyan loose as they will thicken as they cool
Garnish with chopped nuts and rose petals
Enjoy!



"I spent many years living in Karachi where street food vendors would make this sweet dish and sell it on a famous street known as Ranchor line. There were many cultures and religions living here that passed through Ranchor line daily. We would gather and enjoy this delicious dessert and others around all our festivals from Eid to Diwali.

Kheer is traditionally eaten on Eid and other religious festivals across south Asia such as Diwali."

Langar Wali Dal

Recipe

There is no set recipe for this dish as it's created from donated grains and pulses from the community. Each time it's made it is slightly different, to reflect the people involved who bring food to share.

Various lentils are cooked with spices and mashed together to create a feast for everyone to enjoy.



“Today on the birthday of Sri Guru Nanak Dev Ji I would like to share my recipe for Langar Wali Dal. The practice of langar was started by Guru Nanak in the 15th century to try to eliminate the caste system, where people of any religion, caste, colour, age or gender could sit and enjoy a free meal together. Langar is available every day at Gurudwaras all over the world and is cooked by sewadar, people from the general public that help to prepare, cook and share this delicious vegetarian food.

This dal is one of the favourites and is created from a combination of lentils that people contribute to the Gurudwara – therefore there is no real fixed recipe for it. I am going to show you a very quick version of it today using a mixture of Black Gram and Yellow split peas known as Sabut Urad and Chana dal in Punjabi. This dish is so tasty you can eat it on its own! If you don't have a pressure cooker, soak the lentils the night before, add to the pot with the water and bring to the boil, then allow to simmer on a low heat until the lentils are cooked through. You will have to keep topping up the water a little to stop the pan drying out and the process can take over an hour.”